Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	364	14.41	23.36	34.72
Lunch	276	12.98	17.51	21.72
Dinner	279	14.64	21.22	16.1
Snacks/Other	198	11.29	13.58	12.52
Total	**1118**	**53.32**	**75.68**	**85.06**

Wednesday, July 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	330	16.78	10.47	1	1	0	39.92	391.09	87.15	0
Lunch	493	26.55	11.18	23.04	1.3	0.04	37.29	721.96	127	28
Dinner	594	41.17	10.044	34.71	6.1	6.96	24.86	370	100	692
Snacks/Other	216	13.4	2.022	20.14	3.3	8.83	5.87	2	0	237
Total	**1633**	**97.9**	**33.716**	**78.89**	**11.7**	**15.83**	**107.94**	**1485.05**	**314.15**	**957**

Thursday, July 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	348	11.42	8.518	31.03	2.4	27.58	31.55	249	179	870
Lunch										
Dinner										
Snacks/Other	326	20.4	10.022	14.14	2.3	6.83	24.87	542	388	237
Total	**674**	**31.82**	**18.54**	**45.17**	**4.7**	**34.41**	**56.42**	**791**	**567**	**1107**

Friday, July 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	381	14.14	8.762	26.92	5.4	16	39.43	346.5	129.5	614.2
Lunch	321	10.36	8.018	28.85	7.91	14.16	26.27	194	25	644.55
Dinner										
Snacks/Other										
Total	**702**	**24.5**	**16.78**	**55.77**	**13.31**	**30.16**	**65.7**	**540.5**	**154.5**	**1258.75**

Saturday, July 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	297	10	8	26	7	16	24.75	197.5	25	662.5
Lunch	309	10.09	8.011	26.98	6.51	13.72	25.18	171	25	378.55
Dinner	432	16.31	6.632	41.97	6.8	2.45	29.39	170	85	1247
Snacks/Other	290	21	5	11	1	2	17	140	358	
Total	**1328**	**57.4**	**27.643**	**105.95**	**21.31**	**34.17**	**96.32**	**678.5**	**493**	**2288.05**

Sunday, July 31, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	465	19.71	15.631	31.87	7.09	16.67	37.96	354.15	45	446.05
Lunch	258	17.9	8.052	8.68	1.1	0	19.87	284	552	253
Dinner	368	15.74	6.559	29.44	5	7.13	26.23	202	85	695
Snacks/Other	160	1.64	0.447	22.64	3.7	17.33	14.88	864	37	257
Total	**1251**	**54.99**	**30.689**	**92.63**	**16.89**	**41.13**	**98.94**	**1704.15**	**719**	**1651.05**